



Living Well Eating Smart

Healthy Nutrition and Lifestyle Information for a Better You



Question:

**What is the best nutrition
for my newborn?**



Answer:

The American Academy of Pediatrics, American Dietetic Association, American Medical Association and World Health Organization all recommend breastfeeding as the best source of nutrition for infants.

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Are you a family dinner guru? Find out on page 10.



Have a nutrition question? Ask Carrie, your personal nutrition expert by:

@ Sending e-mails to
askcarrie@bigy.com

🌐 Visiting BigY.com's
*Living Well Eating
Smart* webpage and
posting a question.

✉ Writing to Ask Carrie
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102

Ask Carrie *(continued from cover)*

Babies should be exclusively breastfed during their first six months. From there after, breast milk should be supplemented with food until the child can obtain all of their nutrients solely from solid food.

Why is breastfeeding recommended by so many associations? Besides being free, always warm, and having very little risk for foodborne illness, breast milk is full of health-promoting, disease-fighting properties. It contains a complete set of nutrients tailored to baby's needs. Not only does a woman's production of breast milk meet baby's demands (yes, *mom CAN make enough!*), the composition of breast milk matches nutritional and growth needs of a growing baby as well. For example, breast milk may be watery if your baby needs extra hydration, but denser with nutrients when meeting other nutritional needs.

There are a few medical situations where breastfeeding is not encouraged: if an infant has galactosemia, or the mother is using illegal drugs, has untreated active tuberculosis, is taking specific medications (most are fine, but always check with your health care provider for clearance or an alternative medication), or the mother resides in the United States and is infected with the human immunodeficiency virus (HIV).



*For more information on breastfeeding, contact
your local hospital's lactation consultant or
LaLeche league at 1-877-4-LALECHE.*

When feeding schedules conflict with mom's availability, baby can be fed with either breast milk pumped and stored in the refrigerator ahead of time or supplemental infant formula. Although breast milk is best, infant formulas do serve well as an alternative source of infant nourishment. As the science of infant nutrition advances, so do the ingredients available in infant formulas. See page 8 for more information.

If you are not planning to breastfeed your newborn during the first year, do consider nursing for at least the

first two weeks of her life. This way you can pass on immune protective compounds found in colostrum (the first substance released when initiating breastfeeding).

In the end, the decision to breastfeed is a very personal choice. Although the people in your life have their own opinions, the decision is ultimately yours to make. If you should choose not to breastfeed, do not feel guilty. Only you know if your comfort level and lifestyle will allow it.

Disclaimer: The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.

Family Dinners

Take time for family dinners,
it just may help your child.



Having time to sit down for a family meal may feel like an event of the past. Schedules abide! These events are worth it. Not only can dinners provide an outlet for the day's stresses, they also build everlasting lines of communication.

Proper nutrition and meal planning are just two lessons that can be taught during regular family dinners. Get the conversations rolling with the topics below.

Tea

The suspected health benefits of tea vary — from protecting against heart disease to treating arthritis. Early studies on the antioxidant role of tea appears promising, www.gardenoftheandes.com though results from larger, population based studies are still needed before an infinitive conclusion can be made. Because the health prospect of tea is there, I do recommend drinking different teas each day like the new varieties offered by *Garden of the Andes® Organic Premium Tea*.

Garden of the Andes® Organic Premium Tea offers both herbal and traditional teas. Ever wonder what the difference is?

Black, oolong, green and white teas are made from *Camellia sinensis* plant leaves and have antioxidants called flavonoids. Researchers are trying to identify flavonoids' role in heart disease, cancer, high blood pressure, osteoporosis, dental health and weight management.



Herbal teas (tinctures) like *Garden of the Andes®* chamomile, peppermint or rosehip with hibiscus, are a mixture of herbs and flowers. This causes their antioxidant content to differ considerably. Due to their complimentary and alternative medicine status, the health benefits of herbal teas are more controversial. So, “stay tuned” for the health benefits of teas and tinctures as further research is done.

Desserts

Sweet tasting treats definitely have a place in a healthy diet. The key to including sugary-desserts as part of a healthy meal is portion size. *Keebler® Right Bites™* are perfect for this. Available as www.keebler.com lower-calorie versions of traditional favorites like *Fudge Shoppe® Grasshopper®* and *Sandies®, Right Bites™* are portion controlled in 100-calorie packs. This means less sugar and fat than traditional cookies before reaching the bottom of the bag!

Pasta

Pasta is a staple in many family's diets. To get the biggest nutritional punch for your pasta, choose a variety that offers more than just carbohydrates. Introducing, www.ronzonisarttaste.com *Ronzoni® Smart Taste™* Enriched semolina pasta with added fiber, 1 cup of cooked *Smart Taste™* (two ounces of dry pasta) provides 6 grams of fiber and 30% or more of the daily value for calcium and folic acid — that's 300 milligrams of calcium (the equivalent of a glass of milk) and 140 micrograms of folic acid.

The Importance of Family Dinners

Don't take the power of family dinners for granted. Researchers at The National Center on Addiction and Substance Abuse at Columbia University¹ find:

1. Kids who frequently eat dinner with their families are more likely to have better grades and confide in their parents about personal issues.

2. The more often children eat dinner with their family, the less likely they are to smoke, drink or use drugs.

¹www.casafamilyday.org accessed on August 11, 2007.



Cancer Awareness

Reduce your risk of cancer by learning what you can do to prevent it.



Many people feel vulnerable to cancer, fearing they have little power to prevent it. This is understandable, but untrue — we do have a fighting chance. Healthy lifestyle behaviors have a dramatic affect on reducing your risk. Follow these steps for cancer prevention:

Step 1

Maintain a Healthy Weight

The higher one's body mass index (BMI), the greater their relative risk is for developing cancer. If you are not currently within a "healthy" BMI range (18.5-24), begin a weight loss program so you can reach that range. To calculate your BMI, visit www.consumer.gov/weightloss/bmi.htm.

Fage® Total Greek Yogurt

Fage® Total 0% Greek Yogurt feels deliciously indulgent, yet takes first place nutritionally. Its thick and creamy all natural texture is remnant of homemade whipped cream. With 80 calories, 0 grams of fat, 6 grams of sugar and 13 grams of protein (per 5.3 ounce container), it's what health conscious yogurt lovers have been waiting for. Mix Fage® Total 0% with fruit and you'll never look at plain yogurt the same way.



www.fageusa.com

Step 2

Eat the Colors of the Rainbow with Fruits and Vegetables

Fruit and vegetable goals are based upon calorie needs (visit www.mypyramid.gov to learn more), but aim for at least five different colored fruits and vegetables each day.

Fresh Express® Salad Blends

Great for obtaining vitamins, minerals, antioxidants and phytochemicals (health promoting plant compounds), Fresh Express® leafy salad greens are also low calorie appetite fillers. To help in the search for a cure, a handful of Fresh Express® salad blends are going pink for National Breast Cancer Awareness month.



www.freshexpress.com



For every specially packaged bag of salad greens purchased in the month of October, Fresh Express® is donating \$0.10 to the Susan G. Komen Foundation.

Wyman's® Frozen Berries

Not very many fruits come close to the nutrient, antioxidant and phytochemical content of berries.



www.wymans.com

Wyman's® offers quick frozen blueberries, raspberries, strawberries and mixed berries for instant enjoyment — regardless of the season. Wild blueberries are loaded with antioxidants, but other berries are packed nutritionally as well. So, mix them up and enjoy!

Step 3

Get Moving

As one becomes more physically active, their risk for certain kinds of cancers drops. Don't delay — get moving!

Step 4

Make Half of Your Grains Whole

Whole grains offer vitamins, minerals and fiber naturally — unlike processed grains that may or may not have all of the vitamins and minerals added back after processing. The fiber content of whole grains, as part of a low fat diet rich in fruits and vegetables, may reduce the risk of certain types of cancers.¹

Martin's® Whole Wheat Potato Bread

Whole grain doesn't mean zero taste! Martin's® Whole Wheat Potato Bread and rolls are a tasty way to get fiber. Made with 100% stone ground whole wheat, nonfat milk, potatoes, cane sugar, yeast and soybean oil, Martin's® Whole Wheat Potato Bread provides 4 grams of fiber and only 4 grams of sugar per slice — making it a great tasting choice for entering the world of whole grain breads.



www.mfps.com

Step 5

Stop Smoking

Cigarette smoking accounts for at least 30% of all cancer deaths, according to the American Cancer Society®. And the risk for cancer increases for individuals who smoke cigars, pipes and use smokeless tobacco products. If you haven't done so already, kick the habit!

Step 6

Protect Yourself from the Sun

According to the American Cancer Society®, melanoma is the most serious type of skin cancer, and causes the most deaths due to skin cancer each year. This is sobering news, since skin protection takes four easy steps:

- Wear sunscreen at all times.
- Avoid the sun during its strongest hours — 10 a.m. to 4 p.m.
- Cover your skin with tight knitted clothes.
- Play in the shade.



Step 7

Schedule Your Cancer Checkups

The odds of successfully fighting cancer are greater when it is diagnosed in the early stages — attend medical checkups regularly.

¹U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition A Food Labeling Guide, Appendix C. Visited on August 14, 2007 at <http://www.cfsan.fda.gov/~dms/flg-6c.html>.

EATING SMART RECIPE

Acadia Trail Smoothie

Serves: 2

Serving Size: 1 smoothie

INGREDIENTS:

- 1 cup Wyman's® Frozen Red Raspberries
- 1 cup 100% Apple Juice
- 2 5.3 ounce containers of Fage® Total 0% Greek Yogurt
- 1 1/2 tablespoons Big Y® honey

DIRECTIONS:

Step 1: Combine ingredients into a blender.

Step 2: Cover and blend until smooth.

Step 3: Divide into two glasses and serve.

Nutrition facts per serving:

217 Calories, 0.5 g Fat, 0 g Saturated Fat, 0 g Monounsaturated Fat, 0 mg Cholesterol, 59 mg Sodium, 40 g Carbohydrates, 4 g Fiber, 13 g Protein

Eating Smart Cooking Tip: Add Big Y® Rolled Oats for a whole grain, fiber packed smoothie.

For more berry-rific recipes, visit www.wymans.com.



EATING SMART

tip:



For more ideas on adding fruits and vegetables to your plate, visit www.fruitsandveggiesmorematters.org.

Healthy moms

Healthy babies

Be the Healthiest You Can Be — For You and Baby!

It takes a healthy mom to have a healthy baby. Moms, stay nourished and fit during pregnancy — you'll feel more prepared for delivery. For baby's development, make sure mom eats healthy during pregnancy and baby is meeting nutrition needs. Follow these pointers on how mom and baby can get the most out of their food.

For Mom

Omega-3 Fats

Omega-3 fats are thought to provide an array of health benefits — from reducing the risk of heart disease and Alzheimer's to improving brain and eye development in infants.

ALA (alpha-linolenic acid) is a plant-based omega-3 found in flaxseeds, walnuts, soybean and canola oil. The Institute of Medicine recommends pregnant women get at least 1.4 grams (1,400 mg) of ALA each day.

EPA (eicosapentaenoic acid) and DHA (docosahexanoic acid) are seafood-based and provide the majority of health benefits associated with omega-3s. Aim for 600-650 milligrams of EPA and DHA each day (with at least 300 milligrams from DHA). Mom's have

been given the green-light by the FDA to obtain these fats from low-mercury fish like salmon, light Albacore tuna, sardines and herring. To reach goals, simply consume 4-6 ounce servings of low-mercury fish two times a week (with no more than 6 ounces from canned tuna).

Eggs may be the most complete source of protein we can eat, but you can add a source of omega-3s to the list. *The Country Hen*, the first to offer www.countryhen.com organic omega-3 eggs, feed their hens their own omega-3 diet that is free of pesticides, herbicides and fungicides. Each light and fluffy, *The Country Hen* egg delivers an average of 300 milligrams of omega-3s (120 milligrams from DHA and EPA combined).

(continued on page 7)



Whole Grains

Whole grains are important for vitamins, minerals and fiber. During pregnancy, fiber-containing foods will make you feel satiated between meals while maintaining a healthy digestive tract.

For more fiber, eat whole grain alternatives of your favorite grains. For example, *Barilla® Plus™* pasta has 7 grams of fiber per 1 cup of uncooked pasta—that's 3 grams more than traditional pasta! A mixture of grains, flaxseed and legumes (dried beans), *Barilla® Plus™* also provides 360 milligrams of plant-based omega-3 fat.



www.barillaus.com



www.bigy.com

Iron-Rich Foods

Due to an increase in blood volume, mom's iron needs increase during pregnancy. In conjunction with a prescribed prenatal vitamin, enjoy iron-containing food at most meals.

EATING SMART

tip:

Want all natural, antibiotic, hormone-free beef? You've got it! This fall, *Big Y®* beef is going all natural, antibiotic and hormone-free with the launch of *Big Y® All Natural Angus Beef*.



To increase absorption, pair iron-rich foods with sources of vitamin C. Since they may block iron absorption, enjoy calcium-rich foods (dairy products and/or calcium supplements) at a different time.

Found in both plants and meats, the iron from meat tends to be best absorbed. Incorporate clams, oysters, mussels, chicken breast, and lean beef, like new *Big Y® All Natural Angus Beef*, quinoa, tofu and soybeans into your meals.

EATING SMART RECIPE

Beef Tenderloin, Cranberry & Pear Salad with Honey Mustard Dressing

Cook Time: 25 Minutes

Serves: 4

INGREDIENTS:

- 4 Big Y® All Natural Angus Beef tenderloin steaks, cut ¾-inch thick (4 ounces each)
- ½ teaspoon coarse grind black pepper
- ¾ package (8 ounces) Fresh Express® Spring Mix
- 1 medium red or green pear, cored, and cut into 16 wedges
- ¼ cup dried cranberries
- Big Y® salt to taste
- ¼ cup coarsely chopped pecans, toasted*
- ¼ cup crumbled goat cheese (optional)

Honey Mustard Dressing:

- ½ cup honey mustard
- 2-3 tablespoons water
- 1½ teaspoons Big Y® olive oil
- 1 teaspoon white wine vinegar
- 1 teaspoon coarse grind black pepper
- ⅛ teaspoon Big Y® salt

DIRECTIONS:

- Step 1:** Season beef steaks with ½ teaspoon of pepper.
- Step 2:** Heat large nonstick skillet over medium heat until hot.
- Step 3:** Place steaks in skillet, turn occasionally, and cook 7-9 minutes to medium doneness.†
- Step 4:** Meanwhile, whisk together Honey Mustard Dressing



ingredients in a small bowl until well blended; set aside.

Step 5: Divide greens evenly among 4 plates and top evenly with pear wedges and dried cranberries.

Step 6: Carve steaks into thin slices, season with salt if desired.

Step 7: Divide steak slices evenly over salads.

Step 8: Top each salad evenly with dressing, pecans and goat cheese.

*In a 350°F oven, toast pecans on a single layer baking sheet for 3 to 5 minutes or until lightly browned.

†Verify the internal temperature is 160°F with a food thermometer.

Nutrition facts per serving: 321 Calories, 14 g Fat, 3 g Saturated Fat, 7 g Monounsaturated Fat, 67 mg Cholesterol, 434 mg Sodium, 21 g Carbohydrates, 3.3 g Fiber, 26 g Protein, 2.4 mg Iron, 5.1 mg Zinc.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.

For Baby

Infant Nutrition

Although nothing matches the nutrition content of mom's milk, products like Nestlé® Good Start® Natural Cultures™ are formidable alternatives. www.verybestbaby.com



Nestlé® Good Start® Natural Cultures™ offers basic essential nutrients for baby with a twist: *Comfort Proteins*® ease digestion and DHA and arachidonic acid (ARA) fats aide in brain and eye development. The first formula to do so, Nestlé® Good Start® Natural Cultures™ also contains BIFIDUS BL, or probiotic B. lactis, to promote a similar level of friendly bacteria in baby's digestive track as seen with breastfed infants.

First Foods

At six to seven months, babies are typically developmentally ready to try solid food. If you're baby is indicating he is ready, start with iron-fortified infant rice cereal. This will help replenish iron stores that begin to deplete around six months. This is especially important for infants not receiving iron-fortified formula.

Mix infant cereal with breast milk or formula, to a runny consistency. As baby becomes accustomed to receiving solids by mouth, slowly increase the thickness of the cereal as tolerated.

INTRODUCING SOLIDS¹

• 6-7 months	Iron-Fortified Infant Rice Cereal
• 6-8 months	Vegetables and Fruits. Focus on vitamins A and C, and limit juices. "Finger" breads and cereals
• 7-10 months	Meats Table Foods
• 9-12 months	Weaning of breast milk and/or formula Introduction of eggs after 9 months Introduction of cows milk after 12 months

If infant cereal is tolerated without reaction (rash, diarrhea, etc.) for at least 14 days, than introduce vitamin A and vitamin C-rich vegetables and fruits¹, one at a time. I recommend starting with vegetables, so they have a fighting chance in a world of sweet tasting food. Give each new food at least a 10-day window before introducing another new item. This will reduce the risk of allergic reaction and help identify the culprit if one should occur.

Beechnut® baby food provides healthful, all natural nutrition without fillers, added sugar or salt.

Stage 1® offers single-food options for introducing solids. Once variety can advance, Stage 2® provides more choices with single-food and combination items (if baby has handled each ingredient without reaction). For infants ready to advance to texture (about 8 months), Stage 3® helps meet baby's developing needs as they progress to finger and table foods.



www.beechnut.com

¹ Adapted from Ellyn Satter's *Child of Mine: Feeding with Love and Good Sense*.

² Position of the American Dietetic Association: The Impact of Fluoride on Health. *J Am Diet Assoc.* 2005;105:1620-1628.



Fluoride & Children

Fluoride plays a significant role in teeth development and cavity protection. Tap water is the primary source of fluoride in our country, yet 30% of Americans still do not receive the benefits of fluoridated public water².

Fluoride needs grow in childhood until age 14. For families living in communities without fluoridated municipal water, or those using primarily bottled water and in-home water purifiers and filters, fluoride intake could be hindered.

Verify the level of fluoride in your tap water and/or have your home water tested. If bottled water is your family's primary water supply, choose a product like *Nursery Water® Purified Water with Added Fluoride*, that provides a specific level of fluoride per serving. *Nursery Water®* provides 0.7 mg of fluoride per liter (or about 0.17 mg for each 8 fluid-ounce serving).

To reduce the risk of dental fluorosis (teeth develop a chalky or brown appearance), speak to a pediatrician and/or dentist before supplementing baby's diet, or formula, with fluoride—regardless of the source.



www.nurserywater.com

LIVING WELL

tip: Chlorine free Diapers

Choosing diapers and wipes can be a difficult task for environmentally-friendly parents. *Seventh Generation™* makes it easier. *Seventh Generation™* diapers are hypo-allergenic, latex, fragrance and TBT (tributyl tin) free. Both their diapers and wipes are chlorine free, so they won't release dioxin (a harmful chemical associated with an increased risk of cancer in adults) into the air, water or soil.



www.seventhgeneration.com

Managing Diabetes

Whether newly diagnosed, or diagnosed for years, how are you managing your diabetes?

Meal planning for an individual with diabetes is not much different than that of an individual without diabetes. The key difference is understanding the impact food has on blood sugar (glucose) level.

Carbohydrate, protein and fat have a synergistic relationship for creating optimum levels of glucose in the blood. Carbohydrates break down into glucose, causing blood sugar level to rise. This is important, because glucose is the preferred source of energy for our cells and brain. Protein and fat help slow down this process, so there's a gradual release of glucose over time and energy is maintained between meals.

When eating with Diabetes Keep this in mind:

Stay Hydrated

Proper hydration is a must for individuals with diabetes—as water helps dilute blood and its components (ie: glucose). Choose from water, caffeine-free and low-sugar beverages. For flavored water, try a low-calorie beverage like *Aquafina® Alive WellnessWater™*. Sweetened with



www.aquafina.com

white grape juice and artificial sweeteners, *Aquafina® Alive WellnessWater™* provides B-vitamins and vitamin E with only 10 calories and 2 grams of carbohydrates per eight-ounce serving.

Eat Regularly Scheduled Snacks and Meals

Individuals with diabetes should be following a *carbohydrate counting* meal plan. This entails eating a specific amount of carbohydrates throughout the day, based upon an individual's calorie needs. To keep blood sugar level consistent, carbohydrates are divided between meals and snacks.

If you're on the run and a full meal isn't possible, grab *Glucerna®*. Lactose and gluten-free, *Glucerna®* meal shakes contain omega-3 fats and 27 vitamins and minerals. Coupled with fruit or whole grain crackers, they'll help you reach a meal goal of 45-60 grams of carbohydrates. For a 15-30 gram carbohydrate snack, *Glucerna®* Snack shakes offer slightly less carbohydrates.



www.glucerna.com

Keep High Blood Pressure at Bay

With diabetes comes a heightened risk of high blood pressure. To prevent harm to blood vessels, follow a low-salt, low-sodium diet. Even if you cook without salt and don't add salt to food, you may be eating a whopping amount of sodium from processed food. So, read

food labels and eat no more than 2,300 milligrams of sodium each day with "no-salt-added" options and products with less than 140 milligrams of sodium per serving.

The search for a great tasting, low sodium, tomato sauce is over. *Francesco Rinaldi® No-Salt-Added Pasta Sauce* is the only no-salt-added tomato sauce on the market. With only 25 milligrams of sodium per ½-cup serving, *Francesco Rinaldi® No-Salt-Added Pasta Sauce* beats the competition hands down with 200-700 milligrams less sodium per serving.



www.francescorinaldi.com

Keep Heart Disease at Bay

Individuals with diabetes have a heightened risk for heart disease. Make heart healthy fats the primary fats in your diet and follow the 2006 American Heart Association Diet and Lifestyle Recommendations:

- Eat less than 300 milligrams of cholesterol
- Eat no more than 30% of your daily calories from fat
- Keep saturated fat lower than 7% of your daily calories
- Trans fat should contribute to less than 1% of your daily calories

To limit saturated fat and cholesterol, choose low fat dairy products, lean meats, poultry without skin, fish, legumes (dried beans) and egg whites most often. For heart healthy fats, enjoy plant oils (canola and olive oil), avocados, nuts, seeds and fish.

For an alternative to higher saturated fat spreads, *Olivio®* is made from olive, canola and soybean oils, is cholesterol-free, and contains less than 0.5 grams of trans fat per serving. The *Premium Spread* provides 500 milligrams of plant-based omega-3s in each serving, too.



www.olivioproducts.com

Know Your Treats

Don't swear off sugar for life! Instead, be aware of portion size and sugar free varieties.

Sweetened with *SPLENDA® Brand Sweetener* and sugar alcohols, *Murray® Sugar Free Cookies* offer traditional sugary treats in reduced carbohydrate versions. Since they do contain carbohydrates, plan indulgence accordingly, because they will affect blood sugar level!



www.murraysugarfree.com

EATING SMART

tip: Carb Counting & Sugar Alcohol

½ x Sugar Alcohols

When you see sugar alcohols listed on the nutrition facts label, only count half of their amount towards the number of total carbohydrates.

Are you a Family Dinners Guru?



On page 3, we discuss the importance of eating together as a family. How well did you read the Family Dinners article? Let's see. As a family, complete the crossword puzzle below to see how your answers stand up. Good luck!

2 Down:

Kids who frequently eat dinner with their families are more likely to have better _____ and confide in their parents.

- a. clothes
- b. ideas
- c. grades
- d. shoes



5 Down:

Proper _____ and meal planning are two lessons that can be taught during regular family dinners.

- a. exercise
- b. writing
- c. chewing
- d. nutrition



4 Across:

Black, oolong, green and white teas are made from Camellia sinensis plant leaves and have _____ called flavonoids.

- a. antioxidants
- b. minerals
- c. vitamins
- d. fats

1 Down:

Sweet tasting treats _____ have a place in a healthy diet.

- a. don't
- b. definitely
- c. never
- d. can't

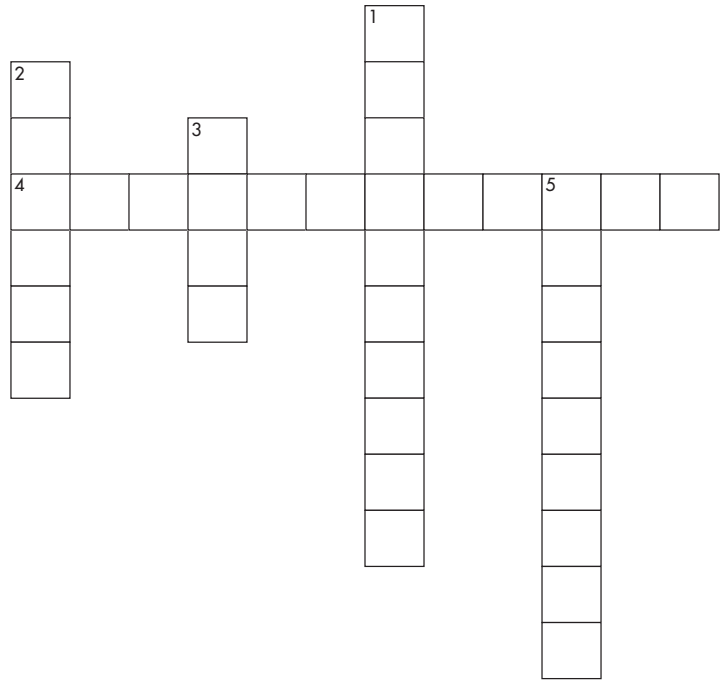


3 Down:

Ronzoni® Smart Taste™ pasta provides 300 milligrams of calcium (the equivalent of a glass of _____) and 140 micrograms of folic acid.

- a. potatoes
- b. water
- c. milk
- d. fruit punch

Answers: #2 down: grades, #5 down: nutrition, #4 across: antioxidants, #1 down: definitely, #3 down: milk



Parent's Dream's Delivered — WaddaJuice™

Parents have long wondered—Why isn't there a juice that's low in sugar and free of artificial ingredients? Say hello to WaddaJuice.™ In eight ounce containers with spill-proof caps for easy travel, WaddaJuice™ and WaddaBlast™ are all natural, 50% juice drinks with nothing but purified water mixed with juice. Therefore, if your child drinks two WaddaJuices,™ they are drinking the equivalent of an eight ounce container of 100% juice. Not too shabby in a world of sugary punches and juice drinks.